

Race Day Information:

2018 RUN THE BENDS

Distances: Marathon & Half Marathon

Race Date: November 3, 2018 (Saturday)

Race Start Time: Both distances start at 8:30 am

Start/ Finish: River Bends Park of Shelby Township (Hickory Grove Pavilion)

Park Address: River Bends Park, 5700 22 Mile, Shelby Township, MI 48317 ****USE 22 MILE ENTRANCE****

Park Entry Cost: Free

Race Morning Packet Pick-up ONLY: Saturday, November 3rd (7:00 am – 8:15 am) @ Hickory Grove Pavilion (start/ finish)

Course: Trail will be marked with PINK flags and direction signs. Flags will always be on your RIGHT SIDE unless turning left. We will have a few mile markers along the course (these are approximate distances). Loop is 13.1 miles

Half Marathon = 1 Loop

Marathon = 2 Loops

Aid Stations:

#1 - (Miles .80 and 2.8) Water, Gatorade, E-gel, fruit, pickles & porta potty

#2 - (Mile 7) Water ONLY (unmanned)

#3 - (Mile 9) Water, Gatorade, E-gel, fruit, pickles & porta potty

#4 – (Mile 13.1) At Start/ finish... FOR MARATHON... Water, Gatorade, E-gel, fruit, pickles & porta potties

Drop Bags: There will be a tarp set-up at the start/ finish area ONLY. (NOTE: You will also have access to your car after each loop)

Timing (pull tag): Please pin BIB# on the OUTSIDE FRONT of clothing. ****DO NOT PIN the bottom removable section. You will be tearing it off at the finish line and giving it to the volunteer.**

MARATHON: *Make sure the timing area gets your BIB# at the end of first loop*

Time Limit: 8 Hours for Marathon & Half Marathon

Cut-off Times (Marathon ONLY): Must start second loop by 12:30pm (strict)

Awards: Top 3 Overall Male & Female in each distance. There will be NO formal awards ceremony... please see race director to get your award.

Post Food: Hot soup (chicken noodle & vegetable)

Results: Found at www.move-itfitness.com (click on Run the Bends)

NO REFUNDS... NO SHIRTS OR BUFFS WILL BE MAILED OUT

Contact: Geneva (248) 872-5215 - Race Director